



### ENVIRONMENTAL TIP

Did you know that several times a day, plastic bags, hoses, wires and string lights shut down the recycling equipment for 30 minutes at a time? Don't tangle or contaminate. Recycle right for our state! #RecycleRightNC.

APRIL 2023

# Discover a Healthy Life KANNAPOLIS MATTERS

## CONVENIENT UTILITY BILL PAY OPTIONS

**Online**  
customerconnect.kannapolisnc.gov

**Phone**  
704-920-4444, choose option 1

**Kiosk**  
City Hall, 401 Laureate Way

**Mail**  
Mail checks to City of Kannapolis, P.O. Box 604072, Charlotte, NC 28260-4072

**In Person**  
City Hall, 401 Laureate Way, 8 a.m. to 5 p.m., Monday-Friday

**Dropbox**  
City Hall Parking Lot, Check payments only

## 5K Walk/Run Series 2023

All events held in Downtown Kannapolis

**Saturday, April 1st**  
Rhythm & Run 5K (8:00am)

**Saturday, April 29th**  
Strides for Stroke 5K/10K (9:00am)

**Thursday, May 4th**  
Jiggy with the Piggy 5K (6:30pm)

**Saturday May 20th**  
Gaelic Alley Pub Run (8:00am)

**Saturday, August 19th**  
Cannon Ballers Shooting Star 5K (9:00am)

**Saturday, November 11th**  
Old Armor 5K for Heroes (9:00am)

Two additional races will be announced later this year!

[runkannapolis.com](http://runkannapolis.com)

## Discover a Healthy Life in Kannapolis

Runners and walkers of all ages and abilities are invited to participate in a unique series featuring the best area 5K fun runs/walks. We anticipate having eight walk events in 2023. Awards will be presented to those who finish at least five events.

**REGISTRATION:**  
There is no fee to participate in Run Kannapolis. Your entry into the individual races will be used to track your participation. You simply pay the entry fee for each individual event that you want to compete in.

**RUN KANNAPOLIS AWARDS AND PRIZES:**  
Details will be announced at a later date. Runners/walkers are encouraged to participate in the entire series of eight races for unique prizes from the City of Kannapolis. There are no category awards for age, gender, or series standings/time. Individual 5K events will have their own awards, t-shirts, and prizes. Run Kannapolis end-of-season awards will be presented in early 2024. Qualifying award recipients will receive an email invitation notifying them of their completion of the Run Kannapolis Series and details on the end of season award ceremony.

**PARTICIPATE IN:**

- 5 RACES** Achieve **PARTICIPANT** status; you will receive an end-of-season award.
- 6 RACES** Achieve **ATHLETE** status; you will receive an end-of-season award.
- 7 RACES** Achieve **COMPETITOR** status; you will receive an end-of-season award.
- 8 RACES** Congratulations, you've achieved **BEAST** status! Special award for you.

**SPONSORED BY:**

## 2023 JIGGY WITH THE PIGGY FESTIVAL RETURNS MAY 4

Jiggy with the Piggy 2023 returns with the smells and tastes of barbeque and fun for the entire family. Make plans now to join us May 4 - May 7 in downtown Kannapolis. Visit [www.kannapolisnc.gov/jiggywiththepiggy](http://www.kannapolisnc.gov/jiggywiththepiggy) for the exciting Jiggy 2023 schedule. The Kannapolis Cannon Ballers will also be playing a homestand May 3 - 7.

Country Artist Travis Denning will perform the Friday Night Jiggy Concert. An upcoming star in Nashville, Denning had a number one song, *After A Few* and other hits such as *David Ashley Parker from Powder Springs*, *Where That Beer's Been* and *Abby*. He has been named CRS New Faces, an Opry NextStage recipient and a CMA KixStart Artist.

Once again, we will host more than 50 barbeque competition teams. The BBQ teams are from across the U.S. and will compete for top bragging rights and prize money. This is one of the largest sanctioned events by the Kansas City Barbeque Society, and this year our presenting sponsor is the Rowan CVB.

The festival, which has been named a Top 20 Event by the Southeast Tourism Society, will have more than 100 arts & crafts vendors, concerts, a 5K walk/run, fireworks, a People's Choice pork tasting competition and an exciting kid's zone.



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THE CITY OF KANNAPOLIS  
401 Laureate Way | Kannapolis, NC 28081  
704.920.4444  
[www.kannapolisnc.gov](http://www.kannapolisnc.gov)

Follow the City on Facebook ([facebook.com/cityofkannapolis](https://facebook.com/cityofkannapolis)), Instagram @KannapolisNC, LinkedIn ([linkedin.com/company/cityofkannapolis](https://linkedin.com/company/cityofkannapolis)), Nextdoor ([nextdoor.com/Kannapolisnc.gov](https://nextdoor.com/Kannapolisnc.gov)) and Twitter @Kannapolis for regular updates and more ideas for fun.



The Kannapolis Public Safety Assistance Foundation is back with their amazing BBQ. We have also added more barbeque and food vendors so you can fill up on many varieties of festival food.

ONLINE MERCHANDISE STORE LAUNCHED - You asked for Jiggy apparel and items and we answered. This year we have launched an online Jiggy FanFest Store. Purchase now so you have Jiggy attire to wear at the festival. Use this link and order now to receive a discount - <https://city-of-kannapolis.myspreadshop.com/>. Shop now and save 15%.

As always, this festival and concert are free to the public. No pets please.



# 2023

**MAY 3**  
11 a.m. – Kannapolis Cannon Ballers Baseball Game

**MAY 4**  
8 a.m.-5 p.m. – BBQ Competition Teams Arrive  
4-7 p.m. – Kannapolis Farmers Market Opens  
6:30 p.m. – Jiggy with the Piggy 5K  
7 p.m. – Kannapolis Cannon Ballers Baseball Game with Post-Game Fireworks

**MAY 5**  
8 a.m.-5 p.m. – BBQ Competition Teams Arrive  
5 p.m. – Jiggy Festival Opens  
5:30 p.m. – Kannapolis Cannon Ballers Baseball Game  
7 p.m. – Travis Denning in Concert  
9 p.m. – Festival Closes

**MAY 6**  
9 a.m. – Jiggy Festival Continues;  
Kids Zone featuring a New Ninja Course  
Noon-2 p.m. – People’s Choice Competition: Pork Tasting (while supplies last)  
5 p.m. – Festival Closes  
7 p.m. – Kannapolis Cannon Ballers Baseball Game with Post-Game Fireworks

**MAY 7**  
1 p.m. – Kannapolis Cannon Ballers Baseball Game

Visit [jiggywiththepiggy.com](http://jiggywiththepiggy.com) for a full schedule of events!

PRESENTED BY  


**JIGGY KANNAPOLIS**

FREE ADMISSION • NO PETS



# FARMERS MARKET OPENS MAY 4

The Kannapolis Farmers Market will open for the 2023 season on Thursday, May 4. The market will be held every Thursday, 4-7 p.m., at the corner of Vance Street and Dale Earnhardt Boulevard. The market continues through September.

Returning and new vendors offer a wide variety of fresh, local produce, as well as meat, eggs, crafts, fresh flowers and baked goods. While supplies last, customers can receive a free reusable tote bag when making a purchase of \$10 or more from a new vendor.

While shopping for great veggies from local farmers, enjoy food and sweet treats.

### NEW VENDORS TO THE FARMERS MARKET INCLUDE:

- *Always Forever Sharp* – knife sharpening, leather wallets, homemade knives
- *Blue Butterfly Flower Farm* – cut flowers and arrangements, ornamental gourds
- *Ray’s Light Candle Co.* – all natural soy wax candles and melts
- *Mason’s Mixer* – cookie bars and cookies
- *Panaexpress* – Latin and European baked goods
- *Southern Stitch* – kitchen towels, potholders, bowl koozies
- *G&C Farm* – poultry, beef, pork, eggs
- *Curvvy Queens* – soap, lip gloss, candles

Sign up for text message reminders and updates about the farmers market and vendor specials. Text MARKET to 855-969-4358. You may unsubscribe at any time. For customers’ convenience, most vendors accept credit/debit cards.

# WE’RE BUILDING “STEAM” IN KANNAPOLIS

We’re Building STEAM is coming to Kannapolis. Join us for three fun family events on April 22, 26 and 27 as we celebrate (STEAM) – Science, Technology, Engineering, Arts and Math.

The Building STEAM Festival will be held from 10 a.m. to 2 p.m. April 22 at the North Carolina Research Campus Horseshoe, 401 Laureate Way. The event is free and will include activities for children, teenagers and parent, both indoors and outdoors on the campus.

Bring your lab coats and get your hands dirty with hands-on art and design, chemistry, life sciences, earth and space sciences, and mathematics activities, experiments and projects.

You will be able to join our partners: **Cabarrus Health Alliance:** Come learn about nutrition with Cabarrus Health Alliance! We’ll talk about our Healthy Living initiatives using hands-on activities such as our sugar and salt shocker kits, portion plates and many other engaging models.

**NC State Plants for Human Health Institute:** Complete a STEM activity with information about microgreens, how to grow them, their health benefits and a take-home project.

**UNC Nutrition Research Institute:** Visit the UNC Nutrition Research Institute for a taste test! Learn how genetics can affect how certain foods taste to us. Our “tongues-on” activity will allow your curiosity to be stimulated along with your taste buds.

You will interact with our research staff to explore how individual differences play a part in our day-to-day choices. Participants may leave with some new ideas and recipes for healthy foods to try at home. Children will be encouraged to express their “artistic taste preferences” on the Cheatham Nutrition & Cognition Lab’s Trail of Taste through sidewalk chalk creations.

Other activities are planned by the Concord Lake Steam Academy, Cabarrus Beekeepers, Schiele Museum, Art by Nicolina and Duke CTSI.

**April 26 – 4-5 p.m.**  
**Cabarrus County Library, Kannapolis Branch, 850 Mountain Street**  
**Deep Space Adventure:** We’re blasting

off on our first Star Academy Adventure! Unfortunately, no one calculated for that wormhole and we’ve crash landed on an alien planet. It’s time to put our STEAM skills to the test! We’ll explore, investigate and build...will we survive?

**April 27 – 5-7 p.m.**  
**Rowan-Cabarrus Community College, Advanced Technology Center, John Snow Road:** Join us as we open the doors to our new Advanced Technology Center. During this evening event, you’ll be able to tour our state-of-the-art science labs and healthcare spaces while our amazing faculty and students lead you in hands-on activities and inspire you to get excited about STEAM!



- ✓ fresh air
- ✓ exercise
- ✓ great benefits
- ✓ teamwork
- ✓ on-the-job training

WE’RE RANDI AND RANDY!

## WELCOME TO OUR OFFICE

Apply at [kannapolisnc.gov](http://kannapolisnc.gov)!



